WHAT IS CLAIMED IS:

1. A high-purity metal containing Cl, F and S in a respective amount of no more than 0.1 ppm, with the total impurity content being no more than 1 ppm.

2. The high-purity metal according to claim 1, wherein said metal is magnesium.

3. The high-purity metal according to claim 2, wherein the metal contains 0.01 ppm Cl and 0.02 ppm S and has a total impurity content of 0.38 ppm.

4. The high-purity metal according to claim 1, wherein said metal is zinc.

5. The high-purity metal according to claim 4, wherein the metal does not contain any Cl, F or S, and has a total impurity content of 0.01 ppm.